

## Welcome to Tumbles Academy of Gymnastics



Here is some important information for you to know before attending our classes. Please find below some 'house admin' which we hope will answer any initial queries. If, however you have any further questions please email: [info@tumbles-gymnastics.co.uk](mailto:info@tumbles-gymnastics.co.uk)

### FAQs

#### Membership Form

You should have automatically been redirected to our membership form when completing your booking. If not, you will need to [Register here](#). If you need to amend your details please [login here](#).

#### When can my child attend their first lesson?

**Start date:** All new children start on the first available class on or after the 1<sup>st</sup> of the month. The office will contact you if there is an opportunity for an early start.

#### What should my child wear in the class?

Girls and boys may wear shorts/leggings/joggers and a t-shirt in our beginners' classes. Please no buttons or zippers, your child will go barefoot in class. Please ensure your child's shirt can be tucked in. However, uniform is required for events and from Stage 2 onwards. Our uniform is available in our online shop if you wish to purchase any items: <https://tumbles-gymnastics.co.uk/shop>  
Gymnasts must have long hair tied up (ideally in a bun). Loose hair poses a major safety risk for the gymnast. No jewellery is allowed when taking part in gymnastics. If earrings cannot be taken out, they must be covered up with plasters before arriving for their session.

#### What do we do when we arrive at our first class?

When you arrive to the gym for your first class, please wait in the cafe until your child's class is called. Inform the coach of who you are, and your child will receive their name tag. The coaching staff will assist in finding your child's class and coach.

#### What should I bring for my child?

It is recommended to bring a bottle of water for your child to drink. No food or drinks (other than water) must be taken into the gymnasium.

#### What happens if my child needs to visit the toilet during class?

Please try to get gymnasts to visit the toilet before the commencement of class so there will be as little disruption as possible during class time. Accidents can happen using the toilet whilst wearing leotards so please make sure you have a little practice at home before your child attends in a leotard for the first time.

#### What else should I know?

Your child will finish the class where they began. Toddler and Preschool parents are required to accompany their child into the class. If your child is in school you are free to stay and watch from the viewing area, or you may leave. When viewing we do ask that parents do not to distract or talk to your child during the session.

Respect must be shown to coaches at all times. Gymnasts must listen and follow instructions given to them by their coach and not to go on any equipment until told to do so. Gymnasts are expected to show good behaviour and follow the club rules at all times.

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### Photography and Filming

Filming of gymnasts is strictly prohibited. Please do not attempt to photograph/film your child either directly or via the screens around the building – we adhere to all British Gymnastics guidelines and policies. By exception – any requests for photographs / should be made via the office.

### What if my child misses a lesson due to sickness?

We do not offer refunds or catch-up lessons for general sickness, however if it is long term, please call the office to discuss the situation and we will try to be accommodating. You will understand that in such cases we are obliged to pay staff and establishment costs for the sessions and there is no opportunity to offer the class to another child. We do not allow children to select an alternative class to make-up for a session missed due to illness or injury. You do not need to inform us if your child cannot make a session. However, if your child has an upcoming competition and their absence is going to impact their performance please contact the office.

### Assessment and Progress

Your child will receive a Progress Book and starter information on their first session. The progress book is a sticker book that tracks learners' progress through the stages and enables them to share their achievements with friends and family. We provide a progressive pathway for learners of all ages to progress from their first time in the gym through to having the option of becoming a competitive gymnast. Our award scheme follows the highly respected Perfect 10 Programme.

All gymnasts undergo continual coach assessment during their sessions. Once levels are completed your child will move to the next stage and will be invited to change class where applicable. For competitive squad gymnasts progress is communicated directly via the coaching team.

Please collect your child's booklet and starter information at the end of their first session using your booking confirmation number.

### Team House Points

We all like to be told that we are doing well and at Tumbles Academy we have many ways to say 'Well done' to our children, so that they are rewarded for all their efforts. When a child starts at Tumbles Academy you are placed into one of our four house teams. Children can earn team points by being 'Star of the week!' or collect a skill card for learning a new skill.

### Communication & Correspondence

All correspondence is by EMAIL – please ensure we are in your 'contacts' as our emails can often end up in 'junk'.

### Medical and Contact Information

In order for us to safeguard your child, it is vital that we have the most up to date medical and contact information about them. All parents/carers are asked to complete this information on registration. If you have not completed the forms, please use the link below. Your child cannot be added to our class registers without this information complete. If your child's circumstances change, please inform us immediately. This can be done by logging into our [Member Information App](#).

### Parent WhatsApp Group

Tumbles WhatsApp Group is for the parents/carers of all our members. This is intended as a forum to ask questions and for Tumbles representatives to remind parents of events and activities, as well as deflecting unnecessary questions away from the coaches. We politely ask that parental communications are voiced through the correct channels.

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To join the group please use the following

link: <https://chat.whatsapp.com/JwMYbTUCciuEFoRi7S22ax>

### **Tumbles Annual Membership and British Gymnastics Membership**

Once you have started your classes and your membership has been paid, you must then register your with British Gymnastics. This will activate your insurance and can be done via the link below. Please select 'Tumbles Academy of Gymnastics' as your primary club. No additional payment for insurance is required as your membership covers this.

[Click here for British Gymnastics Registration](#)

### **Fees, Cancellation and Refund Policy**

[Please click here for our Membership Terms and Conditions](#)

You must inform us in writing by the 18th of the month via email if your child wishes to leave the club and stop training. This is to prevent any further payments being taken.

### **Car Park**

Lowton: [Car Parking Policy](#) applies to all members and staff. Park your vehicle responsibly on the estate, any problems with parking could result in the Centre being forced to close.

Wigan: We have free parking outside the centre. However, if there are no spaces, please use the local free car parks only and do not park on double yellows:

- Britannia Car Park, Ince-in-Makerfield, Wigan WN1 3AQ (1 minute walk from the centre)
- Sovereign Road Surface Car Park (5-minute walk from the centre)

If you have any questions regarding the information above, please do not hesitate to contact us.

**Thank you for joining Tumbles; we look forward to meeting you!**  
**Tumbles Academy of Gymnastics**